



Roast Side of Salmon with Mustard, Tarragon, and Chive Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



10

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons chives fresh chopped
- ☐ 6 tablespoons tarragon fresh chopped
- ☐ 2 tablespoons brown sugar packed ()
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 0.7 cup mayonnaise
- ☐ 3.5 pound salmon whole with skin (1 1/2 inches thick at thickest part)

☐ 0.5 cup spicy brown mustard (such as Gulden's)

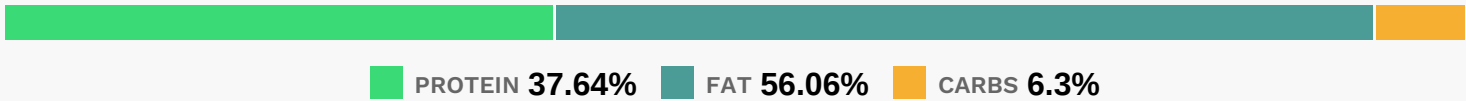
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Position rack in center of oven and preheat to 450°F. Line large rimmed baking sheet with parchment paper.
- ☐ Mix first 7 ingredients in medium bowl. Season mustard sauce lightly with salt and generously with pepper.
- ☐ Place salmon, skin side down, on diagonal on prepared sheet. Spoon 1/2 cup mustard sauce atop salmon, then spread over, covering completely.
- ☐ Sprinkle salmon generously with salt and pepper. Roast just until salmon is opaque in center, about 15 minutes. Using parchment as aid, transfer salmon to platter.
- ☐ Cut crosswise into pieces and serve with remaining mustard sauce.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:19.7, Glycemic Load:1.36, Inflammation Score:-6, Nutrition Score:26.895217634414%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 357.47kcal (17.87%), Fat: 21.98g (33.82%), Saturated Fat: 3.42g (21.37%), Carbohydrates: 5.56g (1.85%),
Net Carbohydrates: 4.62g (1.68%), Sugar: 2.72g (3.02%), Cholesterol: 93.59mg (31.2%), Sodium: 305.01mg (13.26%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.2g (66.41%), Selenium: 62.76µg (89.65%), Vitamin B12:
5.07µg (84.44%), Vitamin B6: 1.42mg (70.76%), Vitamin B3: 12.94mg (64.71%), Vitamin B2: 0.67mg (39.61%),
Phosphorus: 348.67mg (34.87%), Vitamin B5: 2.72mg (27.19%), Vitamin K: 28.36µg (27.01%), Potassium: 938.66mg
(26.82%), Vitamin B1: 0.4mg (26.45%), Copper: 0.44mg (22.11%), Manganese: 0.42mg (21.08%), Magnesium:
67.95mg (16.99%), Iron: 2.91mg (16.15%), Folate: 55.38µg (13.85%), Zinc: 1.3mg (8.63%), Calcium: 80.29mg (8.03%),
Vitamin A: 337.18IU (6.74%), Vitamin C: 4.87mg (5.91%), Fiber: 0.94g (3.77%), Vitamin E: 0.54mg (3.62%)